



FARINA, QUICK COOKING, ENRICHED

Date: April 2009

Code: B160

PRODUCT DESCRIPTION

- Quick cooking farina is made from ground wheat and has added iron. It can be cooked in 5 minutes or less.

PACK/YIELD

- Farina is packed in 14-ounce boxes, which is about 48 servings ($\frac{1}{2}$ cup each) of cooked farina.

STORAGE

- Store unopened boxes of farina in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Bring 1 cup water or milk to a boil.
- Slowly stir in 2 $\frac{1}{2}$ tablespoons of farina. Reduce heat to low.
- Cook 2 to 5 minutes or until thickened, stirring from time to time. Remove from heat. This will make 2 servings.

USES AND TIPS

- Farina is a quick and easy breakfast option. Try topping cooked farina with fresh or canned fruit, brown sugar, and cinnamon.
- Farina can be used to make pancakes, dumplings, muffins, and breads.

NUTRITION INFORMATION

- $\frac{1}{2}$ cup of cooked farina counts as 1 ounce in the MyPyramid.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: $\frac{1}{2}$ cup (116g) quick cooking farina, cooked in water

Amount Per Serving

Calories	60	Calories from Fat	0
-----------------	----	--------------------------	---

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 2g	

Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet.

FARINA DUMPLINGS AND STEW**MAKES ABOUT 4 SERVINGS****Ingredients**

- ¾ cup nonfat milk
- 1 egg
- 1 tablespoon margarine
- ¼ cup dry farina
- 1 can (about 24 ounces) beef stew

Directions

1. In a small saucepan, bring milk to a simmer over medium heat.
2. Remove from heat. Stir in egg, margarine, and farina, and mix well.
3. Place beef stew in a medium-size pot and bring to a boil.
4. Drop farina mixture into the beef stew by the tablespoon to create dumplings. Cook 8 to 10 minutes or until the dumplings have doubled in size.

Nutritional Information for 1 serving (about 1 cup) of Farina Dumplings and Stew							
Calories	210	Cholesterol	55 mg	Sugar	9 g	Vitamin C	7 mg
Calories from Fat	70	Sodium	450 mg	Protein	14 g	Calcium	210 mg
Total Fat	7 g	Total Carbohydrate	22 g	Vitamin A	221 RAE	Iron	1 mg
Saturated Fat	2.5 g	Dietary Fiber	2 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfpcentral.org.

FARINA RAISIN COOKIES**MAKES ABOUT 12 SERVINGS****Ingredients**

- Nonstick cooking spray
- ½ cup margarine
- ½ cup brown sugar, packed (or ½ cup regular sugar)
- 1 egg
- 1 teaspoon vanilla extract
- 1 cup flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup dry farina
- ½ cup raisins

Directions

1. Preheat oven to 375 degrees F. Coat a cookie sheet with nonstick cooking spray.
2. In a large bowl, beat the margarine and sugar with a wooden spoon until creamy. Add the egg and vanilla and mix well.
3. Stir in flour, baking soda, salt, farina, and raisins and stir well.
4. Drop by the teaspoonful onto the cookie sheet.
5. Bake for 8 to 10 minutes or until lightly browned.

Nutritional Information for 1 serving (about 2 cookies) of Farina Raisin Cookies							
Calories	90	Cholesterol	15 mg	Sugar	7 g	Vitamin C	0 mg
Calories from Fat	40	Sodium	60 mg	Protein	1 g	Calcium	9 mg
Total Fat	4 g	Total Carbohydrate	13 g	Vitamin A	42 RAE	Iron	1 mg
Saturated Fat	1.5 g	Dietary Fiber	0 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfpcentral.org.